

Implementation of “Dzudo from School” Project in Preschool Educational Organizations

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Abstract: The article's goal is to execute a project on judo and to better the way that nursery educational groups classify children for this sport by using surveys. To gain a broad understanding of judo, the piece presents different question formats, offers figures on poll results, examines the scientific and systematic literature, considers the significance and goal of this subject, and draws inferences and offers suggestions.

Keywords: judo, questionnaire, selection, system, improvement, training, skill.

Introduction

The evolution of our national wrestling styles is currently given particular focus in our Republic. "On measures to radically improve the state management system in the field of physical education and sports" [3] and "Further improvement of the system of selecting athletes for national teams in sports," Decree No. PF-5368 of March 5, 2018 The study findings of this paper serve to a certain degree for the execution of duties specified in other regulation law documents connected to this area, according to Cabinet of Ministers Decision No. 122 dated March 4, 2020 [4] on the measures. Ensuring the implementation of the decision of the President of the Republic of Uzbekistan dated February 14, 2022 "On accelerating preparations for the successful participation of Uzbek athletes in the next summer and winter Olympic and Paralympic Games" PQ-286 , as well as the determination of a number of tasks in order to increase the popularity of judo as an Olympic sport among the population, improve the system of selecting talented athletes from among young people, and ensure that our national teams achieve high results in prestigious sports competitions, created good opportunities for the industry.

Literature review

In their textbooks, training manuals, and academic articles, T. Usmonkhojaev, R. Salamov, F. Kerimov, Sh. Honkeldiev, A. Abdullaev, R. Khalmukhamedov, V. Shin, G. Abdurasulova, S. Tajibaev, Sh. Mirzakulov, N. Azizov, and others have conducted scientific research, developed new information, and made recommendations that support the classification system. In order to study the theoretical and practical aspects of enhancing the method and substance of the selection of children for the sport of judo and to identify the issues in the selection, a poll of judo instructors was performed based on the analysis of the scientific literature of the referenced experts. Coaches' primary methods for introducing kids to the sport of judo and the standards they have established are covered in the questionnaire by the coach. (Table 1)

Methodology

A survey was given to the professionals in this area in order to determine how best to execute the initiative "Judo before school" in pre-school education organizations. You seem to enjoy the training activities for the main training classes, according to the analysis of the completed questionnaire, right? The respondents like the instructional work for the main training groups in BO'SM (77%) very much, usually (15%), it's impossible to tell (8%) and what you are doing How would you rate the selection and coaching of kids for athletics at the sports school? The

respondents to our poll indicated that it was outstanding for 15%, okay for 19%, poor for 27%, and disappointing for 39%.

What age do you believe is ideal for students to be admitted to the judo training groups for primary school? The respondents think that if they accept children as young as 5 years old (41%), 6 years old (39%), 4 years old (13%), or even 3 years old (7%) if they have a talent for judo sports, it will produce excellent outcomes. The majority of respondents (29%) choose youngsters with judo aptitude and include them in the main training classes. Yes (15%), no (23%), in accordance with the doctor's advice (37%), I'm not sure of the procedure (25%), and the responses do not make a choice.

What factors are taken into consideration when choosing kids for basic training classes in judo sports? When asked about the substance, (31%) respondents said that they pay attention to anthropometric indicators, while (25%) said they pay attention to the child's hobbies and (27%) said they pay attention to the child's physical skills. (17%) to athletic prowess and they take body measurements seriously. The following is how the question's respondents responded. Where can you find information on how kids are chosen for the judo sport? Aside from athletics, it appears that I also learned about the selection of kids for wrestling from 10% of the information I get from books, 7% from papers I read, 53% from my work experience, and 30% from websites. indicates that there is not enough literature available in the Uzbek language, and many respondents believe that there is no structure in place for distinct sorting. What do you think are the reasons why elementary school children stop participating in sports at school? to our question, (66%) of the respondents assessed that it was a mistake in the selection process, (14%) expressed the opinion that it was the lack of experience of the coach, (12%) of the respondents chose the answer of difficulties in developing skills in the sport, (8%) of the respondents chose the answer of not being able to get along with children (see Table 1).

Table 1. Analysis of a survey conducted on the selection of children for the sport of judo (%)

№	Questions	Answers (in %)							
		javob	%	javob	%	javob	%	javob	%
1.	Do you like educational activities for primary groups?	I like it very much	77	Like it in general	15	It's hard for me to say	8	I don't like it at all	0
2.	How do you assess the process of selecting and directing children to sports in the sports school you operate?	Excellent	15	Good	19	Unsatisfactory	27	Bad	39
3.	At what age do you think it is best to start training children for judo?	9 years old	7	10 years old	13	5 years old	41	6 years old	39
4.	Do you select talented children for the sport of judo?	Yes	15	No	23	According to the doctor's recommendation	37	I don't know the sorting method	25
5.	What do you pay attention to when selecting children for the sport of judo?	Anthropometric indicators	31	To the child's interest	25	To the child's physical ability	27	Physical ability and anthropometric index	17

Results and discussion

What methodological assistance is required to improve training quality and sustain participant numbers? In response to our closed test on the subject, (57%) of the respondents stated the need for methodical recommendations and methodical instructions on choice and orientation, and (43%) of the respondents had single combat elements appropriate for the particular age and gender of judo sports for children aged 5–6. noted that methodical directions are required for playing action games.

Currently, national action games like "Pull the Handkerchief," "Be careful with your feet," "Cracked legs," and "Getting out of the circle" play a significant part in attracting kids to the

judo sport and helping fighters improve their sensitivity and agility. The suggested games also pave the way for a quicker mastery of fighting's technical techniques, the execution of actions unique to contests, and the use of sophisticated techniques when required. In addition, it is envisioned that playing these games will help athletes mobilize their mental and spiritual resources in order to execute particular judo techniques, which will help them win a competitive match [8].

Conclusion and recommendation

The findings of the questionnaire survey and the investigation into how young athletes are chosen for the Judo sport represent a real path that calls for broader and more in-depth research. Numerous specialists advise that the selection of kids for the judo sport be viewed as a continuous process that encompasses all of the key phases of long-term competitor training. As a result, the sports direction's first step in expressing it calls for the discovery, assessment, and forecasting of the athlete's potential as well as the pick of young athletes who are appropriate for the judo sport.

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